



June 2020

## ***Forces of Nature***

Our region is no stranger to the vagaries of nature.

On May 31, 1985, we experienced a devastating tornado in Barrie. On April 23, 2019 historic flooding ravaged the core of Bracebridge. And today we are enduring the turmoil of a global pandemic with unprecedented shut downs and restrictions at levels only previously dreamt of.

It has all the making of a bad dream and we all want to desperately wake up.

The whole scale inability to plan or predict when things will get better is very much like wandering in the dark - we cannot see what lurks around the corner, and if it is friend or foe.

I think that we can find some comfort in that every other time the forces of nature exerted their presence upon our lives, we always found a way, together, to adapt and recover. It is said that it is darkest before the morning light, and I prefer to think that this is where we are at this moment in time.

Just like Winter gives way to Spring, there is always a change in seasons and an opportunity to appreciate what we enjoy about our lives. Our programs and services have successfully evolved to virtual delivery, and we continue to seek new adaptations and additional offerings every week.

In many cases we are unable to control what happens or impacts our lives, but thanks to a tremendous community supporting us, we continue to be a supportive force for anyone impacted by cancer.

Aaron Lutes  
Executive Director

Ruth Watson  
Board Chair

# 2020 Annual General Meeting

Gilda's Club Simcoe Muskoka would like to recognize Barbara White for her devoted leadership for two years as the Chair of the Board of Directors. Barb, we cannot thank you enough for your support and leadership of this organization through some difficult transitions and times, and your dedication to this community.

Barbara continues to serve as a member of the Executive Committee, helping new Board Chair Ruth Watson with transition.

This year's AGM was hosted virtually and 2019 results will be shared shortly with a new Annual Report to the community. This document will be shared electronically and posted on our website, but if you prefer to receive a hard copy of the 2019 Annual Report please email [suzanne@gildasclubsm.org](mailto:suzanne@gildasclubsm.org)!

## Child & Youth Activities

### 1:1 Child Life Support

Sessions with our Child Life Specialist focus on providing **developmentally appropriate support through play-based and expressive/therapeutic activities**. Sessions are catered to each child/family and aim to promote understanding and coping with cancer, treatment, death, feelings, changes, separation from loved ones etc.



### Educational Workshops



GCSM offers educational, play-based workshops for children and youth that focus on **education about cancer, related medical experiences, and developing healthy coping strategies to support feelings that may be experienced when someone is touched by cancer**. There are also workshops hosted to provide guidance and support to parents supporting children and youth when there is a cancer diagnosis in the family.

### Support Groups

GCSM offers professionally facilitated, evidence-based peer support groups for children, youth, and family members touched by cancer. **Support groups offer children and youth the opportunity to connect with others touched by cancer while also engaging in fun and expressive activities**. Check us out on YouTube @ **Gilda's Club Simcoe Muskoka** for some fun therapeutic activities to do at home.



### Recreational Activities



GCSM offers variety of recreational and social activities that offer children, youth, and families the **opportunity to connect with others touched by cancer while also engaging in fun and expressive activities**. Check us out on YouTube @ **Gilda's Club Simcoe Muskoka** for some fun therapeutic activities to do at home.

### WHAT IS A CHILD LIFE SPECIALIST?

A **Child Life Specialist** is a trained psychosocial professional that provides developmentally appropriate support for children, youth and families who are impacted by challenging life experiences. They specialize in supporting families coping with illness, hospitalization, grief, and death. Support is **play-based using creative arts, games, and other hands on expressive activities**.



### CHILD LIFE SESSIONS:

- Provide **developmentally appropriate education** about cancer, treatment, and medical experiences
- Help children & youth **learn about medical experiences** they or their loved ones may experience
- Use **play and expressive activities** to help children and youth learn about and develop **healthy coping strategies, and express feelings**
- Provide **guidance and support** to adults supporting children with information sharing, talking about cancer, coping etc



### WE OFFER SPECIFIC SUPPORTS FOR:

- Understanding cancer and medical experiences
- Preparation for experiences
- Worries & fears
- Coping
- Separation from loved ones
- Understanding/coping with change
- Legacy building & end of life
- Grief & bereavement



# Programming for June


JUNE	MON	TUE	WED	THU	FRI	SAT
	1	2 10-10:45 Slow Flow Yoga	3 10-10:45 Journaling Group 1-2:30 Facing Forward Support	4 4-4:45 Gentle Stretch	5 1:30-2:30 Member Social	6 1:30-2:30 Coping With Stress
	8 10:30-11:30 Chair Yoga & Meditation 1-2 Parent Social 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	9	10 10-10:45 Journaling Group 11-12 BINGO- medical theme (ages 4-12)	11 1:40-2:30 Pilates 4-4:45 Gentle Stretch 6:30-7:30 Men's Cancer Social	12 1:30-2:30 Member Social	13
	15	16 10-10:45 Slow Flow Yoga 1-2 Community Drumming	17 10-10:45 Journaling Group 11-12 Connecting through COVID & Cancer (ages 6-12) 1-2:30 Facing Forward Support	18 11-12 Blood Cancer Networking 4-4:45 Gentle Stretch	19 1:30-2:30 Member Social	20
	22 10:30-11:30 Chair Yoga & Meditation 1:15-2:15 Family & Friends Support 3-4 Circle of Life Support	23 10-10:45 Slow Flow Yoga 7-8:30 Breast Cancer Networking	24 10-10:45 Journaling Group 11-12 BINGO- self care theme (ages 4-12) 7-8 Teen Talk	25 1:40-2:30 Pilates 4-4:45 Gentle Stretch 6:30-7:30 Men's Cancer Social	26 1:30-2:30 Member Social	27
	29 2-4 Step-By-Step Painting Class	30 10-10:45 Slow Flow Yoga				

Please note all activities are held virtually through zoom.  
To register, e-mail program@gildasclubsm.org

MEDICAL THEMED

## BINGO

Wednesday, June 10th from 11- 12pm  
Contact Jocelyn to register  
jocelyn@gildasclubsm.org


## Parent Social

MONDAY, JUNE 8TH  
1-2 PM

SELF-CARE

## BINGO

Wednesday, June 24th from 11- 12pm  
Contact Jocelyn to register  
jocelyn@gildasclubsm.org



Children's Activity:

## CONNECTION THROUGH CANCER & COVID

Wednesday, June 17th  
11-12pm  
Email to register: jocelyn@gildasclubsm.org



**Support Gilda's Club  
when you shop at  
Bradford Greenhouses**




## Teen Talk

WEDNESDAY, JUNE 24TH  
7-8 PM  
Email to register:  
jocelyn@gildasclubsm.org







## Great Canadian GIVING CHALLENGE

**JUNE 1 - 30**

**HELP US WIN \$20,000! EVERY DOLLAR YOU DONATE IS A CHANCE FOR US TO WIN.**

**DONATE TODAY**

[GivingChallenge.ca](http://GivingChallenge.ca)

### Ways to Give - Monthly Giving

#### Monthly Donors Have Been Our Saviours

We usually highlight here the various ways that you can get involved with Gilda's Club, but in these uncertain times we cannot stress enough how thankful we have been for our monthly and annual donors. Those who can pledge to a repeating gift empower the team at Gilda's Club Simcoe Muskoka to focus on the needs of members. When the pandemic hit and our Clubhouse closed on March 16<sup>th</sup>, we were able to focus on how to convert our programs and services to be delivered safely through virtual means.

Donors are always in the driver seat for how their gifts are used, and the frequency of giving. Please consider this month becoming a Gilda Giver or a Beyond the Red Door Society member and help secure our future programs and services.

**Beyond the Red Door Society** with a gift of \$1,000 or more annually.

**Gilda's Givers** is a monthly donation program which helps sustainable support to continue planning and delivery of programs that meet our members' needs! As little as \$20 a month helps!

#### BOARD OF DIRECTORS

Ruth Watson - Board Chair  
Christine Charlebois  
Eleanor Dath  
Patricia Gilbert  
Michael Gleason  
Mark Jepp  
Mike Lassaline  
Domenic Maccarone  
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Deb Van Natter  
Barbara White  
Kathryn Whitehead  
Jody Wood-Martin  
Natalie Ferguson  
*Recording Secretary*



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#### STAFF

Aaron Lutes  
*Executive Director*  
Suzanne Ure  
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Sara Desroches  
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